



# RESTORING HARMONY IN RELATIONSHIPS

A Workbook on Biblical Reconciliation

Growing healthy, harmonious relationships in all areas of our lives: marriage, parent/child, church, peer, business, and work, using God's Word as the blueprint. (2 Timothy 3:16-17)

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## Introduction

In the early '70s in an effort to find answers to mend their own struggling marriage, Bill and Linda Heard began searching the scriptures to find God's way of solving problems, reconciling the differences between them, and building a strong, Godly marriage. The only books and materials on marriage that were available at that time were by secular and Christian psychologists, which often contradicted what the scriptures had to say about marriage and family. So, Bill and Linda decided to find what they needed to restore their marriage from the scriptures, and that turned out to be a great blessing.

As a result of diligently working to conform their marriage to God's Word through the power of His Spirit, they were able to begin helping other couples through marriage counseling from the Bible over 40 years ago. The need arose to have materials for couples to use on their own, so they began to develop worksheets for this purpose. When they began teaching marriage and family seminars, Bill and Linda put together a packet of information to help answer some of the questions about the biblical structure of marriage and relationships. The goal of this workbook, which represents the most recent edition of their worksheets, is to explain God's Biblical principles in a format that people can understand, and use over and over in their own lives, and in helping others.

Bill and Linda Heard were both raised in Lookingglass, Oregon; a rural farming and logging community near Roseburg. Bill attended the small, non-denominational church there and made a profession of faith at age thirteen. Through his high school years, he taught Sunday school and helped with the music ministry. He attended Portland State University, majoring in veterinary medicine. Linda made a profession of faith at age eighteen, and she and Bill attended church and Campus Crusade for Christ meetings together. They were married in 1968. They have four children and ten grandchildren. Today they attend Covenant Life Fellowship where Bill is an Elder.

In the late '70s and '80s, Bill obtained formal training in counseling from the Christian Counselors and Educational Foundation in San Diego, California. Later he received more training from the Institute for Biblical Counseling and Discipleship in San Diego, from the Biblical Counseling Foundation in Rancho Mirage, California and from the Institute for Christian Conciliation in Billings, Montana.

In 1989, Bill and Linda founded the Biblical Counseling Center in Roseburg, Oregon, to help meet the counseling needs of churches in the area. Bill has counseled hundreds of couples, families, individuals, and has also mediated for businesses, churches, school boards, and Christian organizations. Bill's goal is to demonstrate to the Body of Christ that it is the church's responsibility to counsel its own members, and that biblical counseling is much more effective than the world's psychological counseling methods. To that end, Bill has taught for years a "how-to, hands-on" biblical counseling class to educate and build teams of competent biblical

counselors. Bill works with pastors to develop biblical counseling teams to effectively counsel and disciple their own congregation from the Word of God.

We would like to recognize fellow pastors and counselors, Dave York and Randy Webb for their help in developing and getting these materials into print. We would like to give special recognition to Ron and Jocelyn Young and Christina Luther for their help in getting this book into its present form.

## SECTION ONE: RECONCILIATION

*“Therefore, if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation.*

*Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God. He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.”*

*2 Cor. 5:17-21*

*All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.*

*2 Tim 3:16, 17*

## How to Be Reconciled God's Way

**Reconciliation:** Removing the sin between you and God, and you and others.

Through repentance and confession, you are to remove the sin between you and God and between you and your fellow man to the extent that you move from enmity or hostility to friendship.

Most of us are seeking joy and peace and fellowship, but we don't know how to get from where we are to where we want to be. God says there is one way to find joy, peace and fellowship, and that way is the process of reconciliation.

"Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation. Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God. He made Him who knew no sin to be sin on our behalf so that we might become the righteousness of God in Him." 2 Cor. 5:17-21

**Repentance:** To recognize and identify the sin that is causing you to go in the wrong direction; have a change of heart, change your direction, and go do what is right.

Rev. 2:5a "Remember therefore from where you have fallen, and repent and do the deeds you did at first..."

Acts 26:20b Paul told the Gentiles "that they should repent and turn to God, performing deeds appropriate to repentance."

**Confession:** To admit to what is wrong, take full responsibility for it, and agree with the other person that it was wrong, say specifically what your sin is, and that it needs to be changed.

Don't confuse confession and apology: An apology is a defense of your position.

Example of apology: I have sinned against my wife, I've hurt her feelings. I realize it and repent. Rather than confessing to her, I apologize: "I'm sorry I raised my voice at you and was harsh with you, but I did it because you hurt my feelings the other morning when you did such and such..." 1 Cor. 10:13

Example of confession: I have sinned against my wife, I've hurt her feelings, I realize it and repent. I confess my sin to her: "I'm sorry I raised my voice at you and was harsh with you. I have sinned against you, and I've sinned against God, and with God's help, I'll do my best not to do that again. Will you please forgive me?"



1 John 1:9 "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."

He is faithful, meaning that he will forgive every time. He is righteous and just to forgive you of your sin because Christ His Son already paid for your sin. There is a block to our healing if we don't confess our sin. All sin is first and foremost against God, but we are also to confess to the people we have sinned against. Confess only to those we have offended or sinned against.

James 5:16 "Therefore, confess your sins to one another, and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much."

**Forgiveness:** A promise not to serve the situation to the forgiven person again, to anyone else, or to yourself.

Forgiveness is not a feeling or an emotion. It is a three-fold promise:

- I will not serve it to you again. Heb. 10:17 "And their sins and their lawless deeds I will remember no more. "God chooses to not remember or serve it to us again. Once someone has repented or confessed, we're not to remind them of it, accuse them or condemn them for their past sin, any more than we would expect God to do these things to us. (2 Cor. 5:19)
- I won't bring it up to others, which is a form of gossip, because it's already been dealt with. To do so does not edify the repentant person, or the person you are telling it to.
- I will not dwell on it or serve it up to myself. (Phil. 4:8)
- Don't bring up sins that you have already forgiven, whether brought up to you by any one of the three sources of thoughts: Satan, the flesh, or the unbelieving world system. It doesn't matter where the thought came from: I'm responsible for taking that thought captive, cast it down and replace it with the truth. The truth is God's perspective, not what my feelings or thoughts are at the time.
- Don't dwell on their sin, dwell on the fact that they have been forgiven, and on their positive and constructive attributes.

Forgiveness doesn't have anything to do with feelings—it's a God-given responsibility. (Luke 17:3-10) How devastating would it be if we went to God and asked for forgiveness, and he said: "I have to think about it" or "I just don't feel like forgiving you"? We are supposed to forgive in the same way that he forgave us, through Christ. (Eph. 4:32)

Sometimes there is a confusion regarding forgiveness because we are told if somebody sins against you, you are to pray for them or forgive them. But that's not what the scripture says. Luke 17:3 says "Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him".

The biblical pattern laid out in Luke 17:3 and Matthew 18:15-20 is if your brother sins:

- Rebuke him.
- If he repents, then you are to forgive him and restore him to full fellowship, which is the goal of all biblical confrontation.
- If he does not repent, bring two or more witness to establish the facts. (Matthew 18:16)
- If he refuses to listen, tell it to the church leadership.
- Leadership determines whether to treat them as a believer or an unbeliever.

Part of the confusion about forgiveness is that there's a second type of forgiveness required in the scripture. It is called forgiving in your heart. It is not the same as granting someone full forgiveness. Forgiving in your heart is what Jesus did on the Cross when he prayed for those who had sinned against Him. Another example of forgiving in your heart is Steven while he was being stoned.

Mark 11:25: "When you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins."

Jesus and Steven did not grant forgiveness by saying "I forgive you" to those sinning against them because the sinning persons hadn't repented. But they did forgive them in their hearts, i.e., desired the best for them, and prayed that God would be merciful to them. This shows that there was no room in Jesus' or Steven's hearts for the bitterness or resentment that comes from unforgiveness.

Luke 17:3 "Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him".

Heb. 10:17 "And their sins and lawless deeds I will remember no more."

Phil. 4:8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, Whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things."

Eph. 4:32 "And be kind to one another, tender hearted, forgiving each other, just as God in Christ also has forgiven you."

Forgiveness is a Godly process which we must do God's way, or it doesn't work. Man's way doesn't work. One popular example from psychology is to write the offense on paper and then burn the paper, attach it to a helium balloon, throw it in the trash can, or flush it down the toilet. None of these methods create the experience of forgiveness because the only way to be forgiven is through the shed blood of Jesus Christ, which literally takes away the guilt and judgment for our sins. God created us and knows what works. We won't experience forgiveness if we don't do it God's way.

**Restoration:** Bring the forgiven person back into full fellowship; from enmity to friendship.

The next step to complete the process of reconciliation is to move all the way from enmity to friendship, fully restoring fellowship. This is the opposite of holding someone at arm's length.

The scriptural mandate for restoration is found in 2 Cor. 2:6-11 and Gal. 6:1-5.

2 Cor. 2:6-11 "Sufficient for such a one is this punishment which was inflicted by the majority, so that on the contrary you should rather forgive and comfort him, otherwise such a one might be overwhelmed by excessive sorrow. Wherefore I urge you to reaffirm your love for him. For to this end also I wrote so that I might put you to the test, whether you are obedient in all things. But one whom you forgive anything, I forgive also; for indeed what I have forgiven, if I have forgiven anything, I did it for your sakes in the presence of Christ, so that no advantage would be taken of us by Satan for we are not ignorant of his schemes."

1 Corinthians 5 describes an incestuous relationship between a man and his father's wife. Paul asked that the man be removed from the church so that his flesh would be destroyed and his spirit saved. In 2 Corinthians 2, the same person has repented, confessed, and is back in the church, but hasn't been restored to fellowship. Paul was fearful that the man might have too much sorrow to endure. If we don't restore someone to full fellowship who has repented and confessed, we give Satan an advantage in our midst.

Gal. 6:1-5 Brethren, even if a man is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, lest you too be tempted. Bear one another's burdens, and thus fulfill the law of Christ. For if anyone thinks he is something when he is nothing, he deceives himself. But let each one examine his own work, and then he will have reason for boasting in regard to himself alone, and not in regard to another. For each one shall bear his own load."

James 5:19-20 "My brethren, if any among you strays from the truth, and one turns him back, let him know that he who turns a sinner from the error of his way will save his soul from death, and will cover a multitude of sins."

#### *Exercises:*

Set aside some quiet time by yourself. Have a bible, notebook, and concordance.

- Review the worksheet. Each person pick one sin in your life that has contributed to an unreconciled situation (initially not a major issue) and work through the reconciliation process. Take notes on the process. Was it completed? Partially completed? Impasse? Bring results to the next counseling session. Note: the person who is doing the confessing is the one who picks the topic that they will confess.
- Write out and memorize a verse or a phrase that will help you remember and apply the principles in each step of the reconciliation process: Repentance; Confession; Forgiveness; Restoration.
- Please write out which steps in the reconciliation process seem to be working well for you. Which ones are you having trouble with?

# A Quick Biblical Approach to Reconciliation

## *Reconciliation*

Definition: Removing the sin between you and God, and you and others.

2 Cor. 5:17-21 “Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. Now all these things are from God, who reconciled us to Himself through Christ, and gave us the ministry of reconciliation, namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation. Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God. He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.”

Scriptural References: Prov. 16:17; 1 Cor. 1:10; Matt. 5:23-24; Mark 11:25-26; Rom. 12:14, 18; 14:3, 19; Eph. 4:32

## *Repentance*

Definition: To recognize that you are going in the wrong direction and identify the sin that is causing you to do that; have a change of heart, change your direction, and go do what is right.

Scriptural References: 2 Chron. 7:14; Joel 2:12-13; Malachi 3:7; Matt. 4:17; Matt. 5:4; Mark 7:20-23; Luke 5:27-32; Luke 15:7; Acts 26:20b; 2 Cor. 7:9-11; Rev. 2:5

## *Confession*

Definition: To admit to what is wrong, take full responsibility for it, and agree with the other person and God that it was wrong, say specifically what your sin is, and that it needs to be changed.

Scriptural References: Ps. 32: 1-5; 1 Cor. 10:13; James 5:16; 1 John 1:9

## *Forgiveness*

Definition: A promise not to serve the situation to the forgiven person again, to anyone else, or to yourself. You determine to not hold the sin against them any longer.

Scriptural References: Matt. 6:14-15; Matt. 18:21-22; Mark 11:25; Luke 17:3-4; Heb. 10:17; Phil 4:8; Eph. 4:31-32

## *Restoration*

Definition: Bring the forgiven person back into full fellowship; from enmity or hostility to friendship.

Scriptural References: 2 Cor. 2:1-11, esp. verses 6-8; Gal. 6:1-5; James 5:19-20

## SECTION TWO: CONFLICT RESOLUTION

*“Do two walk together except they make an appointment and have agreed?”*

*Amos 3:3 (Amplified Bible)*

*“Come now and let us reason together, says the Lord.”*

*Isaiah 1:18*

*“Now I exhort you, brethren, by the name of the Lord Jesus Christ, that you will agree, and there will be no divisions among you, that you be made complete (united) in the same mind and in the same judgement.”*

*1 Cor. 1:10*

# The Conference Table: A Tool for Biblical Reconciliation

## *God Gave Us the Ministry of Reconciliation*

God's Word tells us that as members of the body of Christ we should be unified and that there should not be divisions among us. God is not pleased by our offerings to Him when we are concealing sin in our hearts or have unreconciled relationships with our brothers and sisters in Christ. When we aren't reconciled with each other, we aren't reconciled with God, either. It is urgent that we reconcile with each other in order to mend our relationship with God. (Prov. 16:17; Matt. 5:23-24; 1 Cor. 1:10; 2 Cor. 5:17-21)

Family members and members of the Body need to find a way to resolve the problems, misunderstandings, and conflicts that come between them. God's Word provides instructions for us that we can use to solve conflicts and reconcile our relationships in a biblical manner.

## *What Is A Conference Table?*

The Conference Table is a tool that can be used to solve problems and conflicts by establishing a safe, structured environment to communicate biblically. A Conference Table, when implemented properly, can help restore damaged relationships and begin a pattern of forgiveness and reconciliation between individuals (Matt. 5:23-24; Mark 11:25-26; Rom. 12:14, 18; 14:3, 19; Eph. 4:32); provide a method for finding biblical solutions to disagreements and maintain unity in relationships (Ps. 133:1; 1 Cor. 1:10; Eph. 4:1-3; Phil. 2:1-4; James 1:5); provide an environment for planning and making daily decisions in a biblical manner (Prov. 16:1,9; Luke 14:28-30; Rom. 12:9-13; Eph. 5:15-17).<sup>1</sup>

## *Communicating and Behaving Biblically Means:*

**We should:** Exhibit the fruits of the spirit: Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Gal. 5:22-23); be kind to one another, tender-hearted, forgiving each other (Eph. 4:32); lay aside falsehood and speak truth to each other (Eph. 4:25); let all be harmonious, sympathetic, brotherly, kindhearted and humble in spirit (1 Peter 3:8).

**We should not:** Challenge or provoke the other person. (Gal. 5:26); speak in bitterness, wrath, or anger (Eph. 4:31); accuse, judge or blame the other person (Matthew 7:1-5); return evil for evil or insult for insult (1 Peter 3:9).

## *What Should You Do to Prepare?*

- Before the conference table session, examine yourself first. (Ps. 139:23-24; Matt. 7:1-5; 1 Cor. 11:31)
- Make a list of how you have contributed to the situation.
- Pray and seek God to determine how you have sinned against the others involved and have contributed to the problem (Ps. 139:23-24). Don't worry about identifying the other person's sins—focus on your contribution.
- Be willing to repent, confess, and ask for forgiveness.

<sup>1</sup> Biblical Counseling Foundation, Self-confrontation Manual, Lesson 15, Page 6.

- Approach each individual involved in the situation and ask them to participate in developing a way to communicate with each other in a safe, non-threatening environment.
- Everyone should agree on an uninterrupted time and place to meet, and determine the length of each session, and frequency of sessions if necessary. The recommended session time is one hour or less to avoid fatigue and encourage focus.<sup>2</sup>

### *Who is involved in The Conference Table?*

**The Leader:** The Conference Table is conducted by someone that has been chosen to be the leader. In a marriage situation, the husband should be the conference table leader.

**The Recorder:** Designated note-taker. The wife, or another chosen for this role.

**The Participants:** Family members; individuals; couples; roommates; church members; co-workers. Any group that has unreconciled conflict that they want to resolve in a biblical manner. If you agree that someone outside the group is needed to be objective, then choose a person respected, trusted, and experienced in mediation.

### *How to Conduct a Conference Table:*

#### 1. Opening Activities

- Select a table in a quiet place with adequate seating that is large enough for Bibles, concordances, and note-taking.
- Open in Prayer. Enlist the help and perspective of God. (2 Cor. 3:5-6; James 1:5; Matt. 18:20)
- At the first session, read Ephesians 4:17-32 and 1 Corinthians 13:4-8a<sup>3</sup>
- The leader should state the problem area or specific conflict that needs to be reconciled.
- Seek to determine "just the facts" in the situation.

#### 2. Begin the Process of Confession

Each person confess your sin to the other(s). The designated leader (or husband) should be the first to confess his sins committed against others present; followed by the wife, and then the children. If the conference table participants are not family members, the order of confessing sins should be decided by mutual agreement. Remember that confessing sins needs to be a voluntary action. No one can or should force another to confess sins since the willingness to deal with his own sin is the individual's responsibility.

### *Guidelines for Confession*

- a) Confession: To admit to what is wrong, take full responsibility for it, and agree with the other person and God that it was wrong, and say specifically what your sin is and that it needs to be changed. See *How to be Reconciled God's Way*, Section One.

<sup>2</sup> Biblical Counseling Foundation, *Self-confrontation Manual*, Lesson 15, Page 6.

<sup>3</sup> Ibid.

- b) Be specific in the confession of sins. Include sins of thoughts to God only, and sins of words and actions to those offended. Always be sure to confess your sins to God privately, not just verbally to the person you have sinned against.
- c) When confessing sin, do not accuse, judge or bring up others' failures; do not make excuses. There is no excuse for sinning against someone or causing anyone to stumble. (Matt. 18:7; Rom. 14:13; 1 Cor. 10:13) <sup>4</sup>
- d) When confessing and asking forgiveness, be sure to identify your wrong as sin, don't just say "I'm Sorry." Don't confuse confession and apology: An apology is a defense of your position. See *How to be Reconciled God's Way*, in Section One.
- e) e) Confess only to those we have offended or sinned against. Don't confess sins that have been committed outside the group that don't pertain to the situation at hand, and don't confess things that aren't sin.

### 3. The Forgiveness Process

- The person confessing the sin then asks the other(s) to forgive him.
- The person who has been asked to forgive must do so.
- The person granting forgiveness should say "I forgive you for..."

(restate the confessed sin).

- Each person involved must grant forgiveness when a person confesses his sin and asks them for forgiveness. Forgiveness is not optional. You can't wait to "feel like forgiving someone". (Luke 17:3-10; Matt: 18:21-35)

#### *Guidelines for Forgiveness*

- a) Forgiveness is not a feeling or an emotion. It is a three-fold promise:
  - I will not serve it to you again. Heb. 10:17;
  - I won't bring it up to others;
  - I will not dwell on it or serve it up to myself. (Phil. 4:8)
- b) If a person has sincerely confessed his sin, not blame-shifting, covering up, or avoiding anything, the person that has been sinned against must forgive. God commands us to forgive: (Eph. 4:32; James 4:17) Luke 17:3. "Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him." See *How to be Reconciled God's Way* in Section One, *forgiveness*.

### 4. The Process of Restoration

The next step is to bring the forgiven person back into full fellowship; from enmity and hostility to friendship, fully restoring fellowship. This is the opposite of holding someone at arm's length. See *How to be Reconciled God's Way*, Section One. The scriptural mandate for restoration is found in 2 Cor. 2:6-11 and Gal. 6:1-5.

<sup>4</sup> Biblical Counseling Foundation, *Self-confrontation Manual*, Lesson 12, Page 7.



## 5. Closing Activities:

The recorder keeps a written record of the major points discussed, and sins confessed and forgiven. At the conclusion of the meeting, the recorder reads aloud the decisions and commitments made by the group or individuals in the group. In later meetings, this record helps each person recall the results and decisions made at earlier meetings.

### *Formulate a Plan to Deal with Unbiblical Behavior During the Session*

- Select a silent or quiet signal, such as raising a hand or standing up, to indicate that the behavior of another is unbiblical in the opinion of one or more persons. (Prov. 15:1; Eccl. 3:7b, 8, 17; James 1:19)
- If the one whose behavior is in question repents, confesses, and begins again to speak and act biblically, the conference table resumes. If not, biblical communication has ended, and so must the conference table. The conference may resume at another time.
- If during the conference table, a person does not control his spirit (Prov. 25:28) he should either use the pre-selected signal to indicate his need to stop conferring until he has gained control over his spirit, or excuse himself from the conference table until ready to act in a biblical manner. (Prov. 16:32)
- If anyone continues to argue, refuses to speak, or does anything besides communicating biblically, others should rise and stand quietly until everyone is ready to behave biblically.<sup>5</sup>
- Finally, leave the conference table, if necessary, to stop unbiblical activities. The conference table can later be resumed when order is restored.

### *Individual Commitment to Reconciliation and Growth in Christ*

Based on information generated by conference table sessions, each person should begin to work on examining himself biblically: (Prov. 15:3, 31)

- Individually develop plans for overcoming sin and failures based on the conference table results. Strive to locate the biblical “put-offs” and “put-ons” in the scriptures that apply. (see “Put-off, Put-on” and *Overcoming Life Dominating Practices* worksheets)
- Commit to finding the root of the problem. There is a difference between reconciling the conflict between us and solving the problem. Conflicts often re-occur in the same areas when the problem hasn't really been solved or corrected.
- Recognize that not all problems can be resolved in just one or even a few conference tables and that you may reach an impasse that you will need to pray about and research in the Word to find what God has to say about it. Develop an agenda and schedule for working together over a period of time.
- Commit to God to forsake the sin, and work to not repeat the offense.
- Later, after a number of productive meetings, any member may invite other members to remind him of sins or contributions to conflicts that he may have overlooked.
- When making a plan to prevent reoffending, talking about the previous offense is sometimes necessary but should be done in a non-condemning way.

<sup>5</sup> Biblical Counseling Foundation, *Self-confrontation Manual*, Lesson 15, Page 7.

### *Guidelines for the Conference Table:*

1. Base everything on God's Word. Scripture is the authority for all faith and conduct. (Rom. 15:4; 2 Tim. 3:16-17; Heb. 4:12)
2. Be completely truthful. (Eph. 4:15, 25; Ps. 32:1-5; Prov. 28:13)
3. Be loving and kind when you speak. (Prov. 15:1; Eph. 4:15, 29; Eph. 5:4; Col. 4:6; 2 Tim. 2:23-24)
4. Do not use unwholesome words; use only those words that edify. (Rom. 14:19; Eph. 4:29)
5. Don't argue. (2 Tim. 2:23-24; Titus 3:9; James 4:1-2)
6. Work on changing yourself, not on changing others (Ez. 18:20; Matt. 4:1-5)
7. Be forgiving. (Matt. 6:14-15; Eph. 4:32; Col. 3:12-13)
8. Treat others at the conference table as you would want to be treated. (Matt. 7:12) <sup>6</sup>
9. No finger-pointing or blame-shifting is allowed (Gen. 3:12-13; Rom. 14:12)
10. Avoid *if*, *but*, *perhaps*, and *maybe* in your confessions to God or others.
11. Each person should be given the time to explain their position without interruptions. The only interruption would be to ask for clarification of a point, not to argue or disagree in any way at this time. If asking for clarification breaks communication, then take notes instead. When the first person has completed their explanation of the facts and perceptions as they see them, then it is time for the other party to be able to do the same. Work to determine the *facts* in each situation. (Prov. 18:2, 13, 17)
12. Each agree to work on and defeat the *problem*, not the other person(s).
13. Be self-controlled with your body language, facial expressions and your voice.

### 2 Cor. 5:17-21

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation. Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God. He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.

### *Questions:*

- Are you involved in a relationship or situation right now that needs to be reconciled?
- Can you see ways that you have contributed to the problem?
- In your prayer time, ask God to reveal the truth to you about the situation. (Psalm 139:23-24)
- Are you harboring negative thoughts about relationships that you have had in the past?
- How does this affect your relationship with God today?

<sup>6</sup> Biblical Counseling Foundation, Self-confrontation Manual, Lesson 15, Page 7.

## CONFLICT RESOLUTION AND DECISION MAKING, PLANNING, GOD'S WAY (Specifically for the marriage relationship)

2 Cor. 5:17-21 Therefore if any man is in Christ, he is a new creature; the old things passed away; behold new things have come. Now all these things are from God, who reconciled us to Himself through Christ, and gave us the ministry of reconciliation, namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation. Therefore, we are ambassadors for Christ, as though God were entreating through us; we beg you on behalf Of Christ, be reconciled to God He Him who knew no sin to be sin on our behalf, that we might become the righteousness of God in Him.

### *God Gave Us The Ministry Of Reconciliation*

#### Urgency of Reconciliation

1 Cor. 1:10 Now I exhort you, brethren, by the name of our Lord Jesus Christ, that you all agree, and there be no divisions among you, but you be made complete in the same mind and in the same judgment.

Matt 5:23-24 "If therefore you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come present your offering.

1. Set aside an uninterrupted time and place to communicate.
2. Best implemented at a table with Bible, concordance, pad, and pen.
3. Pray together and enlist the help and perspective of God.

2 Cor. 3:5-6 Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God, who also made us adequate as servants of a new covenant, not of the letter, but of the Spirit; for the letter kills, but the Spirit gives life.

James 1:5 But if any of you lacks wisdom, let him ask of God, who gives to all men generously and without reproach, and it will be given to him.

Matt. 18:20 "For where two or three have gathered together in My name, there I am in their midst. "

4. Each of you confess your sin to the other.

James 5:13-20 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praises. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him. Therefore, confess your sins to one another, and pray for each other, so that you may be healed. The effective prayer of a righteous man can accomplish much. Elijah was a man with a nature like ours, and he prayed earnestly that it might not rain, and it did not rain on the earth for three years and six months. And he prayed again, and the sky poured rain and the earth produced

its fruit. My brethren, if any among you strays from the truth, and one turns him back, let him know that he who turns a sinner from the error of his way will save his soul from death, and will cover a multitude of sins.

Each must forgive, and this will clear the air for real unhindered communication.

Luke 17:3 "Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him.

Eph. 4:15 but speaking the truth in love, we are to grow up in all aspects into Him, who is the head even Christ,

Eph. 4:26 Be angry, and yet do not sin; do not let the sun go down on your anger,

Eph. 4:29 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, it may give grace to those who hear.

Eph. 4:32 And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has.

5. Finally address the issue whether a present conflict, decision, or plan for your future.
6. Each person should be given the time to explain their position without interruptions. The only interruption would be to ask for clarification of a point. Not to argue or disagree in any way at this time. If this interruption breaks communication, then take notes instead. When the first person has completed their explanation of the facts and perceptions as they see them, then it is time for the other party to be able to do the same. (JUST THE FACTS PLEASE!!) Keep emotions under control, Do not allow them to escalate into harmful communication or be used as a form of manipulation.

Prov. 18:2 A fool does not delight in understanding, but only in revealing his own mind.

Prov. 18:13 He who gives an answer before he hears, it is folly and shame to him.

Prov. 18:17 The first to plead his case seems just, until another comes and examines him.

Many times this is all that is needed to clarify your differences and come to a mutual agreement. Make sure that your unity is in accord with scripture, before taking action on your conclusions.

If an agreement has not been reached after following those points, search the scriptures for the needed principles to come to an agreement.

2 Tim. 3:16 All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness;

2Pet. 1:3 seeing that His divine power has granted us everything pertaining to life godliness, through the true knowledge of Him who called us by His own glory and excellence.

If it is not a major decision in either of your minds, then the husband at this time should make his best decision with his present information, for the best of all involved. (Because he is the head of the family.)

Phil. 2:3-4 Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself; do not merely look out for your own personal interests, but also for the interests of others.

If it is a major decision with heavy consequences for you both, and perhaps others and an agreement has still not been reached, Godly counsel from mature saints can be of great assistance. So seek counsel that both agree is mature.

Prov. 11:14 Where there is no guidance, the people fall, but in abundance of counselors there is victory.

Prov. 15:22 Without consultation, plans are frustrated, but with many counselors they succeed.

Prov. 19:20-21 Listen to counsel and accept discipline, that you may be wise the rest of your days. Many are the plans in a man's heart, but the counsel of the LORD, it will stand.

If all the facts are in, the Bible has been consulted, counsel has been evaluated, and you are still unable to come to a total agreement then God says that the man as the head of the home must make the best decision he can, and the wife is to support the decision. The only exception to this would be if his decision was in direct opposition to the Word of God or to obey his decision would cause the obedient person to disobey God directly.

Acts 5:29 But Peter and the apostles answered and said, "We must obey God rather than men."

One additional point to consider would be that if there is no unity about a decision after following the whole process and the decision does not need to be made at that time, then wait until you could come to unity with new information that makes a change in one or the other persons decision, or it becomes unnecessary to make the decision.

Matt. 7:12 "Therefore, however you want people to treat you, so treat them, for this is the Law and the Prophets.

If both husband and wife are totally committed to Jesus Christ, this process should solve conflict and nurture unity in your marriage and family.

## Overcoming Life-Dominating Practices

Overcoming life dominating sins is a must. To not do so, is to be a slave to sin to such an extent that the sin affects all other areas of our lives. The Lord clearly commands us not to let sin reign in our lives. This is because it not only steals our fellowship with him, but also our joy, peace, unity with others, and our ability to be an effective weapon in the Kingdom. Rom. 6:12-14

1. Work to recognize, identify, and understand your sin from God's point of view. Search the scriptures for what God has to say. Humble yourself under the mighty hand of God, (Peter 5:6-10; Ps. 51:1-19; Ps. 32:1-11, esp. vs. 3 & 4; Ps. 38:1-22, esp. v. 18) and become broken-hearted. (Ps. 34:15-22) God gives grace to the humble and hears the cry of His people when they repent and turn to Him for help. (James 4:6)
2. Repent and confess: to God and to those you have sinned against. (See *How to be Reconciled God's Way*, in Section One.)
3. Ask for forgiveness. (1 John 1:9; James 5:14-16) Ask the Lord to cleanse and renew your mind, purify your heart, and set you free from the bondage to your life-dominating behavior. (James 4:8; Rom. 12:1-2)
4. Build a basic plan to help you begin to pursue your new, godly lifestyle. (2 Peter 1:3-11)
  - Build a schedule for a lifestyle that does not include time for the behavior that you want to overcome, and that does not let your mind be idle and undisciplined. (See *My Current Schedule* and *My Proposed Biblical Schedule* worksheets)
  - Create tools to accomplish the renewing of your mind: memory cards; Bible study; cd's and playlists of praise and worship music; sermon podcasts; books. (see Bibliography) (Ps. 119:9-11; Rom 12:1-2).
  - Re-structure your life so that you make no provision for the flesh, from where you go to who you spend time with. (Eph. 4:17-24, esp. vs. 22-24; Rom. 13:14)
5. Develop contingency plans for each stronghold of the enemy. (James 1:12-15; 2 Cor. 10:3-6; James 4:6-10; 1 Peter 5:1-11, esp. vs. 5-10) This would include:
  - First, work to know the truth of scripture regarding the stronghold you are dealing with, in order to: measure the thoughts or lies of Satan; examine your fallen nature and failures in dealing with the flesh; and see the world system that is being placed into your mind and heart instead of God's truth.
  - When a thought or thought pattern begins, quickly identify the source of the thought (James 1:12-15 and 3:13-18) If the thought is of God, then dwell on it and develop the thought. (Phil 4:8; James 3:13-18) But if the thought is from one of your three enemies: Satan; the world; or your flesh; then take the thought captive to the obedience of Christ before the thought takes hold and becomes sin. Bring the thought under the Lordship of Jesus Christ (2 Cor. 10•3-6; James 1:12-15)
  - Pray for God's wisdom and submit to His Word and His way. Resist Satan with proclamations of truth and stand firm on God's truth. Satan and his lies will be defeated. (James 4:6-11; 1 Peter 5:5-11)
  - Draw near to God, and He will draw near to you. Cleanse your life from sin, purify your mind; learn to hate your sins and humble yourself before the Lord in prayer.

God promises that he will exalt you when the time is right. (Ps. 97:10; Amos 5:15; 1 Peter 5:6-10, esp. v. 6; James 4:8-10)

Let this process of change become a lifestyle of progressive sanctification. Make it a lifestyle to become like Jesus, learning to practice righteousness. Walking in the power and dependency of the Holy Spirit will begin to develop your ability to discern what is good and what is evil. (Heb. 5:14)

When you walk in the Spirit, you will not succumb to the desires of the flesh. If you do sin, confess your sin (1 John 1:5-2:2, esp. v. 9) God will forgive you and put you back into that place of peace and righteousness and fellowship with Him. Get in the habit of "putting on Christ." See *Put Off/Put On*, in Section Two.

Remember, if after you have confessed you still feel condemned, realize it is Satan trying to discourage and defeat you. (Rom. 8:1, 31-39) Learn to discern the difference between conviction and guilt over your unconfessed sin versus Satan's condemnation over sins that have already been confessed. Guilt or conviction over unconfessed sin would be from the Lord, working to bring you to repentance, while Satan, the accuser of the saints, wants to cause you to stumble by continuing to accuse and condemn even after you have confessed. So, reject and resist his lies and rest in God's truth.

Satan, the primary adversary of God and man, has great and evil power as the prince of this world. Part of his diabolical plan is to deceive all mankind, to accuse believers before the Lord, and to cripple God's children by encouraging them to sin. Jesus Christ, through His redemptive death and victorious resurrection, has overcome the power of Satan. This victory has been given and is readily available to those who are believers in Christ. (Based on Rom. 6:5-6; 2 Cor. 4:4; Eph. 2:2, 6:12; 1 Thess. 3:5; Heb. 2:14-15; 1 Peter 5:8; 1 John 3:8; 4:4; 5:4-5, 5:18-19; Rev. 12:10).<sup>1</sup>

As an obedient believer, you are to stand firm in the strength of the Lord, to be sober in spirit, and to remain alert in order to resist the schemes of the devil. However, in all areas of your walk as a believer, you are incapable in your own strength and insufficient in your own resources to overcome the wiles and temptations of Satan.

Therefore, you must put on the full armor of God to be an overwhelming conqueror in your continuing spiritual battle against the forces of evil. (Based on Eph. 6:10-18; James 4:7; 1 Peter 5:8-10; Rev. 12:11)<sup>2</sup>

<sup>1</sup> Biblical Counseling Foundation, *Self-Confrontation Manual*. God has Broken Satan's Power. Lesson 20, page 9.

<sup>2</sup> Biblical Counseling Foundation, *Self-Confrontation Manual*. Putting on the Full Armor of God: Lesson 21, page 4.

Additional Verses:

Ps. 119:9-11; John 8:34-36; Romans 6:1-22; 8:11-15; 1 Cor. 6:9-20; Gal 5:16, • Eph. 2:1- 10; 2 Tim 2:22-26; Heb. 10:26-27; 2 Peter 1:2-10; 2:19b; 1 John 1:6, 2:6, 3:4-10; 3:23-24, 4:4, 5:1-5)

*Some of the results of remaining enslaved by sins*<sup>3</sup>

1. God does not assure you that he will hear or answer your prayers (based on Ps. 66:18; Prov. 16:29; Isaiah 59:1-2; 1 Peter 3:12).
2. You will bear spiritual as well as physical consequences (based on Ps. 32:3-5; 38:1-10, 51:3; 1 Cor. 5:3-5; 11:28-30; Col. 3:25; Heb. 12:5-11).
3. You will lose the joy of your salvation (based on Ps. 41:8-12; 1 John 1:4) and may doubt that you have a regenerative relationship with the Lord (i.e., that you are a believer) (based on 1 Cor. 6:9-10; 1 John 2:4; 3:4-10).
4. You will become increasingly more miserable, and life will become more difficult (based on Prov. 1:24-32; 13:15, 21a; 28:13-14), since you are giving Satan an advantage in your life (based on 2 Cor. 2:10-22; 10:5; Eph. 4:26-27, esp. v. 27; 2 Peter 2:19b-22; 1 John 3:4-9).
5. You place yourself under the corrective discipline of the Lord (Heb. 12:5-11), and the sternness of the discipline to restore you to the Lord and others will increase (based on Prov. 15:10; Matt. 18:15-20)
6. You, through your own deeds, will hinder all true fellowship with those in the body of Christ (based on I Cor. 5:9-11; 2 Thess. 3:11-15).
7. You remain in spiritual delusion because you are merely a hearer of the Word and not a doer (based on James 1:22-24), and you cannot discern clearly between good and evil (based on Heb. 5:14).

<sup>3</sup> Biblical Counseling Foundation, *Self-Confrontation Manual*. Recognizing life-dominating sins. Lesson 20, page 7.



## Put Off / Put On

Growth in Christ means ridding ourselves of everything that has to do with our old way of life (Judges 2:1-5) and setting Christ as the foundation and cornerstone of our lives. (Phil 4:4-9; 1 Peter 2:1ff) To “put off” is a simple way of saying that we need to repent of our sinful ways and turn our lives around to diligently pursue doing things God's way.

There are scriptures in the Word of God that command us to “put-off” certain behaviors, in Eph. 4 and Eph. 5, for example. God's Word doesn't leave us in the dark. When you find instructions to “put off” certain things, you'll find a corresponding “put on” in the same context. Some other scriptures in the Bible that contain examples of put off / put on are: Romans 12:1, Romans 12:9-21; Col. 2:2-10; Col. 3:8-21; 1 Peter 3:8-13.

It is important to understand that in order to completely put off a sin area, we must totally put on Christ Jesus. This list is not intended to be a behavioral modification list. It is intended to assist those who are truly repentant and realize they are entirely dependent on Him to overcome sin. We must put off the sin area and put on the Lord Jesus Christ.

### *Examples of Put Off and Put On*

Put Off	Put on
<p>Eph. 4:17-32</p> <ul style="list-style-type: none"> <li>▪ Old self/ Sin nature 4:22</li> <li>▪ Falsehood 4:25</li> <li>▪ Stealing 4:28<sup>1</sup></li> <li>▪ Unwholesome talk 4:29</li> <li>▪ Speaking improperly 4:30 It grieves the Holy Spirit</li> </ul>	<p>Eph. 4:17-32</p> <ul style="list-style-type: none"> <li>▪ New self / Christ-like nature 4:23-24</li> <li>▪ Speak truth 4:25</li> <li>▪ Righteous indignation 4:26<sup>2</sup></li> <li>▪ Move to solve the problem before the sun goes down so as not to give the devil an opportunity 4:26-27</li> <li>▪ Working, saving, sharing 4:28</li> <li>▪ Edifying, timely, gracious talk 4:29</li> <li>▪ Speak Truth 4:25</li> </ul>

<sup>1</sup> Stealing could be associated with anything that we take, such as time, resources, etc. Example: a workaholic who does not give proper time to his family.

<sup>2</sup> Note that righteous indignation is different from the anger listed in Eph 4:31. This anger has to do with being moved in anger toward sin and causing you to solve the problem, as opposed to the verse 31 anger which is a violent anger with intent to hurt.

Put Off	Put on
Eph. 4:17-32 cont. <ul style="list-style-type: none"> <li>▪ Bitterness (bitter hatred) 4:31</li> <li>▪ Wrath (expression of hot anger) 4:31</li> <li>▪ Anger (intended to hurt) 4:31</li> <li>▪ Clamor (yelling, screaming) 4:31</li> <li>▪ Slander (tearing someone down with false words) 4:31</li> <li>▪ Malice (desiring to do evil to others, even with the truth) 4:31<sup>3</sup></li> </ul>	Eph. 4:17-32 cont. <ul style="list-style-type: none"> <li>▪ Kindness 4:32</li> <li>▪ Tender-heartedness 4:32</li> <li>▪ Forgiveness 4:32<sup>4</sup></li> </ul>

Ephesians 5:1-18 exhorts us to be imitators of God and learn to walk in love as Christ did. Verse 3 instructs us to be certain that our lives cannot be characterized by immorality, impurity, or greed. (Cross-reference 1 Thess. 5:22) Verse 5 makes it clear that if we are involved in any of these sins, we are idolaters; not worshipping God, but worshipping other things.

Put Off	Put on
Eph. 5:1-18 <ul style="list-style-type: none"> <li>▪ Filthiness 5:4</li> <li>▪ Silly talk; coarse jesting 5:4</li> <li>▪ Being taken in by sons of disobedience 5:6</li> <li>▪ Darkness 5:8</li> <li>▪ Unfruitful deeds 5:11</li> <li>▪ Speaking of darkness 5:12<sup>5</sup></li> <li>▪ Unwise behavior 5:15</li> <li>▪ Wasting time 5:16</li> <li>▪ Foolishness 5:17</li> <li>▪ Drunkenness 5:18</li> </ul>	Eph. 5:1-18 <ul style="list-style-type: none"> <li>▪ Give thanks 5:4</li> <li>▪ Light 5:8</li> <li>▪ Exposing Darkness 5:11</li> <li>▪ Wise Behavior 5:15</li> <li>▪ Redeem the time 5:16</li> <li>▪ Understand God's will 5:17</li> <li>▪ Be filled with the Spirit 5:18<sup>6</sup></li> </ul>

<sup>3</sup> Cross reference: Matt. 12:36-37; Phil. 4:8; James 3; Luke 17:3; Heb. 10:17; 1 John 1:9

<sup>4</sup> Forgiveness is a promise to never bring the offense back on their account or dwell on it. See *How to be Reconciled God's Way*, Section One.

<sup>5</sup> Cross reference John 3:19-21

<sup>6</sup> Cross reference Gal. 5:16

# SECTION THREE: FAMILY GOVERNMENT

*“and be subject to one another in the fear of Christ. Wives, be subject to your own husbands, as to the Lord. For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body. But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. Husbands, love your wives, just as Christ also loved the church and gave Himself up for her.*

*...Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.”*

*Eph. 5:21-25*

*“Children, obey your parents in the Lord, for this is right. Honor your father and mother (which is the first commandment with a promise), that it may be well with you, and that you may live long on the earth. And fathers, do not provoke your children to anger; but bring them up in the discipline and instruction of the Lord.”*

*Eph. 6:1-4*

# Family Government: Roles and Responsibilities

## *Purpose of Marriage*

God's purpose for marriage is to develop a covenant of companionship between husband and wife in order to solve the problem of loneliness and to produce children for the Kingdom. (Genesis 2:18; Malachi 2:14; Prov. 2:11-19; Mark 10:6-9). God also intends that marriage manifest the glory of the relationship between Christ and His church. (Eph. 5:22-23).

As believers, a husband and wife are equal in Christ (Gal. 3:28), and joint heirs in the grace of life (1 Peter 3:7), but have different roles and responsibilities. Each role is equal in value, but have different responsibilities attendant to them.

## *Individual Roles*

Husband	Wife
Head (1 Cor. 11:3, 11:11-12; Ephesians 5:23)	Helper (Genesis 2:18-25; Prov. 31: 12)

## *Individual Responsibilities*

Husband	Wife
Lover: Love his wife as Christ loved the church, and as he loves himself. (Eph. 5:25-33; Col. 3:19; 1 Peter 3:7)	Voluntarily submit to the authority and headship of her husband. (1 Cor- 11:3; Eph. 5:22, 24; Col. 3:18; 1 Peter 3:1-3)
Servant -Leader: Christ is the example (Matthew 20:25-28; John 15:11-13; Eph. 5:23a; Phil. 2:1-11; 1 Tim. 3:4-5, 12)	Respect her husband. (Prov. 21:9; Eph. 5:33)
Spiritual Leader: (Job 1:1-5; 1 Tim 2:8; Heb. 13:7, 17)	Love her husband. (1 Cor 7:3-4; Titus 2:4)
Honor your wife and seek to understand her. (1 Peter 3:7-12)	Be modest, discreet and self-restrained, gentle and soft-spoken. (1 Tim 2:9-15; 1 Peter 3:4)
Do not be harsh with your wife. (Col. 3:19 NIV)	Don't gossip; be dignified, temperate and faithful. (1 Tim 3:11, 5:3; Titus 2:2-3)
Provider: (1 Tim 5:8; Titus 3:14)	Receive instruction from those in authority. Especially her own husband. (1 Tim. 2:9-15)
Protector: (Eph. 5:25; 1 Peter 3:5-7)	

## Spiritual Responsibilities-Husband and Wife

### Fear God

(Psalm 1; Psalm 6; and Psalm 9; Psalm 128:1-4; Prov. 31:30; 2 Cor. 7:1)

### Love each other

(Matt. 7:12; Eph. 5:28-33; Phil. 2:1-2; Titus 2:4; 1 John 3:18)

### Please each other, not just ourselves

(Rom. 15:1-2; 1 Cor. 7:32-34; Phil. 2:3-4)

### Leave your fathers and mothers and cleave to each other

(Gen. 2:24; Matt. 19:5; Eph. 5:31)

### Submit to one another in love

(Eph. 5:21; Phil 2:3; 1 Peter 5:5)

### Submit to God and to authority; receive instruction from those in authority

(Titus 3:1-3; James 4:7; Heb. 12:25)

### Change yourself to align with God's word

(Ezekiel 18:20-21; Phil. 1:6; Phil. 2:13)

### Don't try to change the other person

(Phil. 1:6; 2:13)

### Examine yourself biblically (Matt. 7:1-5; 1 Cor. 11:28,31)

### Maintain unity

(Gen. 2:24; Psalm 133; Matt. 12:25; Mark 10:6-9; 1 Cor. 1:10; Eph. 4:1-3; Eph. 5:31)

### Pursue peace and foster harmony in the marriage and in the Body of Christ

(Matt. 5:23-24; Rom. 12:18; Psalm. 34:14; 1 Peter 3:8-12)

### Be a blessing to your spouse

(Rom. 12:9-21; Gal. 5:13-15; Eph. 5:21-33; Phil. 2:3-4)

### Obey God (Acts 5:29)

### Pray for each other (James 5:16)

### Don't deprive each other physically (1 Cor. 7:3-5)

### Husbands and wives must not fight and destroy each other (Gal. 5:15)

## Questions

What kind of helper did God design women to be to their husbands? Are there specific areas that are difficult for you to be a helper to your husband? Are there areas where your husband has asked for help, but you haven't been willing to give it?

(Genesis 2:18-24; Eph. 5:21-33; Col. 3:18-19; Titus 2; 1 Peter 3:1-7)

How does our society view helpers? Leaders? What results are produced?

Why should a wife be subject to the authority of her husband?

(1 Peter 3; Eph. 5)

Why should a husband submit to Christ?

(1 Cor. 11:3; Eph. 1:21-22; Col. 1:18; 2:10)

Why should a wife respect her husband? (Eph. 5:33) Does it have anything to do with his behavior? Is there anything a husband can do to earn or deserve respect from his wife?

(1 Peter 3; Eph. 5)

Why is leadership so often confused with dictatorship or tyranny? What can be the consequences of such confusion?

What is the difference between trust and respect?

*Be sure to find scriptures to support your answers.*

## Family Government: Parents and Children

**Parental Responsibilities: Authority and Responsibility in Raising and Training Children**  
(Deut. 6:6-7; Prov. 22:6; Eph. 6:4; Col 3:21; 1Tim. 3:4-5)

God gave parents a great stewardship and privilege when he gave us the gift of children.

Therefore, we must diligently pursue how to raise them His way. Parents have clearly been given the responsibility to bring up their children in the nurture and admonition of the Lord. They must not give away that responsibility to anyone else without maintaining their parental oversight and approval. Even though a child spends time at, and is influenced by, school, babysitters, and church, parents are still responsible for the oversight of their children based on God's word.

It is important to remember that the father, as the authority in the home, must be clear in his vision and diligent in his administration if his children are going to turn out to be faithful ambassadors for Christ. Though he may delegate certain responsibilities to his wife or others, this does not mean that he is relinquishing or abdicating his authority or responsibility. Delegation can be affected by listing all of the responsibilities involved in child rearing and determining which parent will carry out each responsibility, based on gifts, time, and roles.

The children must see both parents as one in unity, and obey and honor each of them.  
(Eph. 6:1-3, Exodus 20:2)

- Be complete in the same mind and judgment (1 Cor. 1:10; Phil. 2:2)
- Be reconciled with each other in all areas, but especially in areas involving the training of children. Refer to How to be Reconciled God's Way worksheet.

The parents must have a vision for:

- Seeking the Kingdom of God and His Righteousness (Matt. 6:33)
- Becoming ambassadors for Christ (Matthew 28:18-20; 2 Cor. 5:20)
- Passing down a Godly inheritance to future generations, as Abraham passed his inheritance to Isaac and Isaac passed it down to Jacob.  
Examples of this inheritance would be character, reputation, libraries, property, etc.  
A Godly inheritance gives children hope and perseverance to follow through; without hope there is no perseverance.

*Individual Roles*

Parents	Children
Teacher/Discipler (Eph. 6:4) <sup>1</sup> Example (1Cor. 11:1; 1 Peter 5:1-3)	Learner/Disciple (Eph. 6:1-3)

*Individual Responsibilities*

Parents	Children
Raise their children in the nurture and admonition of the Lord. (Eph. 6:4)	Voluntarily obey their parents. (Eph. 6:1; Col. 3:20)
The father is Christ's representative authority in the rearing of children. (1 Tim 3:4-5)	Honor your father and mother. (Exodus 20:12; Deut. 5:16; Eph 6:2)
The mother is his co-regent/helper. (Genesis 2:18; 1 Cor. 11:9; Titus 2:4-5)	Recognize that the parent's authority is from God. When a child disobeys the parent, they are disobeying God. (Rom. 13:1-2)
Parents must be unified; complete in the same mind and judgment. (1 Cor. 1:10; Phil. 2:2)	Recognize that obeying their parents is right. (Eph. 6:1-3)
Parents must be in agreement on the training of children. (Phil. 2:2)	Obedience brings joy. (John 15:10-22)
Develop a vision for the family. (Prov. 29:18; Matt. 28:18-20)	Obedience brings the Father and the Son to love us, reveal themselves to us, and to abide with us. (John 14:21-23)
Do not intentionally exasperate your children. (Col. 3:21; Eph. 6:4a) <sup>2</sup>	Receive instruction from their parents; be attentive to their wisdom. (Prov. 1:7-9; 2:1-2)
Protector: (Prov. 1:7-19; Prov. 2:1-11; Prov. 4:1-6)	

<sup>1</sup>Nurture: discipling

<sup>2</sup>Biblical Counseling Foundation, Self-Confrontation Manual. Ways that parents provoke their children to anger, Lesson 16.



## Spiritual Responsibilities-Husband and Wife

Fear God

(Psalm 1; Psalm 6; and Psalm 9; Psalm 128:1-4; 2 Cor. 7:1)

Love each other

(Matt. 7:12; Phil. 2:1-2; Titus 2:4; 1 John 3:18)

Please each other, not just ourselves

(Rom. 15:1-3; 2 Cor. 5:15; Phil. 2:3-4)

Submit to God and to authority; receive instruction from those in authority

(Titus 3:1-3; James 4:7; Heb. 12:25; Heb. 13:17)

Change yourself to align with God's word

(Ezekiel 18:21; Rom. 12:1-6; Eph. 4:20-24; Col. 3:9-11;)

Examine yourself biblically

(Matt. 7:1-5; 1 Cor. 11:28,31)

Maintain unity

(Psalm 133; Matt. 12:25; 1 Cor. 1:10; Eph. 4:1-3)

Pursue peace and foster harmony in the family and in the Body of Christ

(Psalm 34:14; Matt. 5:23-24; Rom. 12:18; 1 Peter 3:8-12)

Obey God (Acts 5:29)

Pray for each other (James 5:16)

Do not fight and destroy each other (Gal. 5:15)

## God's Promises to Children

To live long on the earth, and things will go well with them (Eph. 6:1-3)

Understand and discover the fear of the Lord and the knowledge of God (Prov. 2:5)

Peace (Prov. 3:1-8)

God will watch over your sleep; the commandment will guide you; correction will protect you that you might live (Prov. 6:20-24)

## Correcting Children

What does the Bible say about correcting and disciplining children?<sup>1</sup>

Hebrews 12:1-11: God's discipline produces the peaceful fruit of righteousness.

Prov. 13:24: Spare the rod, spoil the child.

Prov 22:15: Foolishness is bound up in the heart of a child; the rod removes it.

Prov. 23:13: Do not hold back discipline.

Prov. 23:14: The rod will deliver his soul from Sheol.

Prov. 29:15: the rod and reproof give wisdom.<sup>2</sup>

Eph. 6:4: Bring a child up in the nurture<sup>3</sup> and admonition<sup>4</sup> of the Lord.

### Practical Discipline

- Establish a *Code of Conduct* for the child and implement it.
- Explain the *Code of Conduct* to the child. Be clear about what behavior is expected.
- Monitor the consistency of behavior and the heart attitude of the child.
- Let love and humility bring the grace and wisdom needed to please God. His example as Father is our best pattern. (Heb. 12:5-11)

## Questions

Why should children learn to obey their parents when their friends don't? Is obedience really important in our society? (Rom. 13:1-3; Eph. 6:1-3; Titus 2:11-14)

How would you explain to your children why they should be obedient when their friends are not held to the same standard? (Rom. 13:1-3; Eph. 6:1-3; Col. 2:2-4 & 8-10; Titus 2:6)

What happens when parents aren't unified in the raising of children? Can you think of a personal example? How can parents be more unified in their approach to their children? (1 Cor. 1:10, 13; Phil 2:2)

Why does obedience please God? (Jer. 29:11-14; John 14:15; Col. 3:20)

What is it that causes children to desire to disobey their parents? (James 1:12-15; James 4:1-4)

How can parents discover God's way to raise children?<sup>5</sup>

<sup>2</sup> Prov. 29:15 and Eph. 6:4 tie together. Proverbs provides OT proof; Ephesians provides NT proof.

<sup>3</sup> Nurture: the whole training of a child, including instruction, correction, discipline, chastening. Teaching in the good and driving out the bad.

<sup>4</sup> Admonition: To verbally confront error and give biblical direction to put them back on the right path. Doing it in a loving way with their best interests in mind.

<sup>5</sup> See Self-Confrontation Manual, Lessons 16 and 17.

## SECTION FOUR: IMPLEMENTATION

*“...seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge; ... For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ...Therefore, brethren, be all the more diligent to make certain about His calling and choosing you; for as long as you practice these things, you will never stumble...”*

*2 Peter 1:3,5,8,10*

## Scriptural Principles For Healthy Relationships

The following list of scriptures will help you develop the proper motives and attitudes as you work to implement God's government for the family into your life. These will help you walk in truth, integrity, and obedience.

Matt. 7:1-5; Matt. 7:12

Judge yourself by the scriptures. First remove your log, then help your brother.

Matt. 20:25-28

Servant Leadership

Matt. 22:36-40

Two great commandments

John 15:10-11

Obedience = Joy

Acts 20:35b

More blessed to give than to receive

Romans 5:1

We have Peace with God through Jesus Christ

Romans 15:7

Accept your brother as Christ accepted you

Romans 14:1-2

Don't judge others about non-essentials

2 Cor. 5:9

Our first ambition is to please the Father

2 Cor. 5:11-21

Live for Jesus, not ourselves - our Ministry is reconciliation

2 Cor. 7:9-10

Repentance with no regrets

2 Cor. 10:3-6

Take our thoughts captive, tear down strongholds

Galatians 3:28-29

Male and Female, one in Christ, joint-heirs in Christ

Galatians 5:19-20

The deeds of the sinful nature which destroy peace

Galatians 5:22-23

"But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things, there is no law."

Eph. 2:14

He is our peace

Eph. 4:15; Eph. 4:29; Eph. 4:17-32

Speak the truth in love: change your communication; examples of Put-Off and Put-On

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you." Eph. 4:31-32

Eph. 6:10-20

Spiritual warfare and armor

Phil. 2:1-11

We need to have the attitude of Jesus: humility and selflessness

Col. 4:6

Gracious speech

Heb. 12:11

Godly discipling results in the peaceful fruit of righteousness

Heb. 13:4; Heb. 13:17

Honor the marriage, honorable obedience to leaders

James 1:19-20

Quick to listen, slow to speak, slow to anger

James 3:13-18; 4:1-10

Cause of conflict, and how to solve it; resist Satan

1 Peter-entire book, esp. verses 2:18-3:22

How to handle unjust treatment as Jesus did. Overcoming evil with good.

2 Pet. 3:1-11

Diligently pursuing your faith by continuously adding characteristics of Christ, and you will not stumble. You are either growing in Christ or withering under the influences of the world, flesh, or Satan.



## SECTION FIVE: GOD'S VISION FOR US

*“Where there is no vision, the people are unrestrained, but happy is he who keeps the law...”*

*Prov. 29:18*

*“All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son, and the Holy Spirit, teaching them to observe all that I commanded you, and lo, I am with you always, even to the end of the age.”*

*Matt. 28:18-20*

## Scriptural Life in the Home

God has created unchanging standards for our lives, for our benefit, and has identified them in His word. It is our responsibility to learn and incorporate those standards into everyday life.

1 Timothy 4:7 states that we are to discipline ourselves for the purpose of godliness and that godliness holds promise for the present life and also for the life to come. Such discipline can be developed by creating a godly schedule, which includes determining what God would have us accomplish in our lives and establishing priorities accordingly.

God will make us adequate for the task. Matthew 11:28-30 tells us that God's standards are not burdensome and that he will strengthen, uphold, and keep you from stumbling as you walk in His way, cooperating with the change He is accomplishing in our life. (Joshua 1:8-9; Psalm 103:1-5; 121:1-8; Prov. 3:5-6; Is. 40:20-31; Matt. 28:18-20; John 6:37; Eph. 1:13-14; Phil. 2:12-13; Col. 2:6-7; 2 Peter 1:10; Jude 1:24-25)

How to incorporate God's standards into our lives:

1. Make a list of all your daily, weekly, and monthly activities, divided into general areas such as; Household organization, Parenting, Work, Spiritual, Personal activities, etc.
  - List all responsibilities that each family member has in each area
  - Begin to establish who is responsible for each job or task, based on gifts, time, and roles.
  - Set standards of performance as necessary for certain tasks
2. Record current weekly activities using *My Present Schedule* worksheet in the Appendix.
3. Determine if there are any activities that should not be continued using the following criteria:
  - Is this profitable? (1 Cor. 6:12, 11:23a)
  - Am I controlled by this in any way? (1 Cor. 6:12)
  - Is this a stumbling block in my life? (Matt. 5:29-30; 18:8-9)
  - Could this lead another believer to stumble? (Rom. 14:13; 1 Cor 8:9-13)
  - Does this edify or build up others? (Rom. 14:19; 1 Cor. 10:23-24)
  - Does this glorify God? (Matt. 5:16; 1 Cor. 10:31)
  - Ask yourself: What's really important?
4. Make a separate list of all activities and responsibilities that need to be added or begun.
5. Based on the lists that you have created, develop a plan to live in a manner pleasing to the Lord. Use *My Proposed Schedule* in the Appendix as a tool to rebuild your life using God's standards. (Gal. 5:22-25)
6. Caution: Pick one area to work on first-don't try to fix all the areas that need to be balanced all at once; it can be overwhelming. If necessary, make the lists and plans in a conference table setting. See *The Conference Table: A tool for biblical reconciliation* in Section Two.

Be sure to include in your new schedule:

- Individual and Family Prayer (Matt. 6:33)
- Individual and Family Bible Study and memorization



- Consistent Worship and fellowship with other believers
- Regular sleep
- Regular exercise
- Regular recreation: with family and/or just with spouse
- Good Nutrition
- Productive work, according to your calling
- Regularly share your faith and what you are learning

Your new schedule is your basic plan for victory in Christ. God is a god of order, not chaos (1 Cor. 14:33). It is important to work consistently on your schedule to keep it where God wants it. This schedule may change through time to help you accomplish what God is calling you to do. Making changes in your daily life is not easy, but God will make you adequate (2 Cor. 3:5-6). He is more interested in our character than in our comfort. Even when you fail to keep to your schedule, just keep going back to it without guilt or self-recrimination. (Prov. 16:1-3, 9)

For more information on God's standards for you, see *Self-Confrontation Manual*, Lesson 22, Biblical Principles: God's Standards for Life.



## SECTION SIX: WINNING THE BATTLE FOR THE MIND

*“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”*

*2 Cor. 10:3-5*

*“...GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE. Submit therefore to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. Be miserable and mourn and weep; let your laughter be turned into mourning, and your joy to gloom. Humble yourselves in the presence of the Lord, and He will exalt you.”*

*James 4:7-10*

## Winning the Battle for the Mind

All conflicts, sin, and problems originate in our minds. Can you think of any sin that isn't initiated in your mind? God, on the one hand, desires to sanctify us, bless us, and help us to become more like Christ. Satan, on the other hand, is our enemy, and through his schemes desires to tempt, accuse, deceive, and destroy us. Consequently, we are in a continual battle for our mind between God and Satan, good and evil.

Christians should not be ignorant of the schemes of the devil, or he will take advantage of us. We are to be strong in the Lord, in His power, in His full armor, so we can stand firm against Satan's schemes. We are to be prepared, equipped, and ready to properly exercise the authority that Jesus Christ has given us over all the powers of the enemy. (2 Cor. 2:11; Eph. 6:10-20; Luke 10:17-20)

What are the Devil's schemes? Schemes or wiles (Greek: *methodos*) is defined as "to pursue something methodically and according to rules." In the New Testament, it is connected with evildoing, a device, artifice, art, artificial method, or wile (Eph. 4:14, 6:11). Vine's Dictionary defines wiles as denoting craft, deceit, or a cunning device, and paraphrases the verse "they lie in wait to deceive." "They" of course are Satan and his forces, in both the heavenly places and on earth.

Plan to Win the Battle for the Mind—Key Verses:

Matt. 4:1-11, Luke 4:1-13: How Jesus won the battle against the enemy.

James 1:12-27, esp. v. 15: Do not let any evil thought or desire conceive or it will deceive you.

James 3:3-18; Phil. 4:8-11: How to judge whether thoughts are wise from heaven, or unwise, earthly and demonic.

2 Cor. 10:3-6: Bring every thought under captivity with the truth of Christ.

James 4:1-10: Be humble, submit to the father, draw near to him and resist the devil.

1 Peter 5:5b-11, esp. vs. 6-9: Submit to the father, cast your cares upon him. Be alert, resist and stand firm, remembering that at the proper time, God will perfect, confirm, strengthen, establish and exalt you.

Develop a Basic Plan to Win the Battle Every Day: Develop a basic plan for your Christian lifestyle to work to please God in every area of your life. Get started toward victory instead of failure. (2 Peter 1:2-11; Eph 6:10-20)

- Develop a proposed schedule designed to diligently pursue your faith, your relationship with God, your family, your neighbors, your work, etc. See the worksheets *My Proposed Biblical Schedule* and *Spiritual Life in the Home*.
- Build your arsenal by putting on the full armor of God and the characteristics of Christ.
- Learn to walk out your total life under the direction and Lordship of Jesus Christ.

Develop a Contingency Plan: (James 1:12-27, esp. v. 15; 2 Cor. 10:3-6; James 4:1-10,

esp. vs. 6-10). The plan should include prayer for insight and wisdom from God, (James 1:1- 8) plus the declaration of the truth from appropriate scriptures for each specific situation. Pray also for discernment to recognize when the enemy is at work. Define the actions that need to be taken quickly in order to change your mind, even if it requires aggressive action involving changing your physical location—flee youthful lust. Work at these plans until they become immediate, habitual responses when faced with the schemes of the enemy. Resist Satan with truth; run from lust. Write down your plan, and if you need to, carry it with you on a 3x5 card or on your phone and refer to until it becomes a habit.



# SECTION SEVEN:

## GLOSSARY

**Admonition:** To verbally confront error and give biblical direction to put them back on the right path. Doing it in a loving way with their best interests in mind.

**Authority:** refers to the divine calling of spiritual, gifted men to take primary responsibility as elders for Christ-like, servant-leadership and teaching in the church<sup>1</sup> (1 Timothy 2:11-12) and also teaching in the home and society.

**Biblical Headship:** The divine calling for the husband to take primary responsibility for Christ-like, servant leadership, protection and provision in the home.<sup>2</sup> Having authority over; leader. The husband is the head as designated by God, but should walk in love, and not be a dominator or tyrant. (Eph. 5:2, 23, 25, 28; 1 Cor. 11:3)

**Biblical Submission:** To voluntarily yield in love, and line up under the person designated by God to be in authority, in order to support them and help them accomplish what God has called them to do. Submission refers to the divine calling of the men, women, and children of the church to honor and affirm the leadership and teaching of the elders (and pastors] and to be equipped by them for ministries ... in the service of Christ.<sup>3</sup> In the family, it is the divine calling of the wife to honor and affirm her husband's leadership, and help carry it through according to her gifts.<sup>4</sup>

**Confession:** To admit to what is wrong, take full responsibility for it, agree with God and the other person that it was wrong, and say specifically what your sin is and that it needs to be changed.

**Forgiveness:** Agreeing to remove a debt or wrong from the offender's account, and choosing to remember it no longer, treating that person as "not guilty." It is a three-fold promise not to serve the situation to the forgiven person again, to anyone else, (gossip) or to yourself.

**Government:** God's government is the form and flow of power that God ordained to direct or regulate His creation and creatures to accomplish His will in each and every sphere.

**Helper:** (Hebrew: Ezer) Help, support, aid. "Suitable helper" in Genesis 2:18 (Kenegdo in Hebrew), means "like him, corresponding to him, matching to him, or counterpart to him." Helpmeet; counterpart (KJV Gen. 2:18).

<sup>1</sup> John Piper and Wayne Grudem, *Recovering Biblical Manhood and Womanhood*. (Wheaton, IL: Crossway Books, 1991) Pg. 52-53.

<sup>2</sup> Ibid.

<sup>3</sup> John Piper and Wayne Grudem, *Recovering Biblical Manhood and Womanhood*. (Wheaton, IL: Crossway Books, 1991) Pg. 53.

<sup>4</sup> Ibid.

**Honor:** To put others above yourself; value highly. (Proverbs 2:1; Phil 2:3)

**Leader/Servant Leader:** The model for servant-leadership is Christ. This includes leadership in the church and the home. A husband is to be the servant-leader of the family and is instructed to love his wife the way Christ loved the church and gave himself for her. A servant-leader should exhibit the Christ-like traits of humility, self-denial, love, edification of his family and others; continually growing in grace and knowledge. (Eph. 5:25-26)

**Nurture and Admonition:** The whole training of a child, including instruction, correction, discipline, and chastening. Teaching in the good and driving out the bad.

**Obedience:** Doing what you are told to do, when you're told to do it, how you are told to do it, without challenge or excuse, and with the right heart attitude. (KJV Heartily: with sincerity of heart) (Col. 3:23)

**Peace (or Order):** 1 Cor. 14:33 states that "God is not a God of confusion but of peace." Grudem states that God's peace means that in God's being and in his actions he is separate from all confusion and disorder, yet he is continually active in innumerable well-ordered, fully controlled, simultaneous actions.<sup>5</sup> Peace is a fruit of the Spirit (Gal. 5:22-23), as is self-control; both are necessary when striving to please God, walk in His ways, and experience peace and order in our lives. *Joy:* To be fully satisfied no matter the circumstance because God lives in you. *Happiness:* Satisfied because of good circumstances.

**Restoration:** Bringing the forgiven person back into full fellowship; from enmity or hostility to friendship.

**Sanctification:** Being set apart for the work of God; becoming holy as he is holy. This is, first of all, a work of God, accomplished once and for all by Salvation in Christ. After He completes his work of Salvation, His Holy Spirit empowers us to walk in a sanctified way. It is a life-long process in a believer's life of being taught by God to become more like Christ, and responding by cooperating in obedience. (1 Thes. 5:23; Heb. 12:5-11; Phil 2:2-13)

**Sin:** Literally, a missing of the mark; lawlessness. (1 John 3:4ff.) God sets the target and man falls short of God's standards and commands.

<sup>5</sup> Wayne Grudem, Systematic Theology. (Great Britain: Inter-Varsity Press and Grand Rapids: Zondervan Publishing House, 1994) Pg. 203.



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(2 Tim. 3:16; 2 Peter 1:3; Mark 4:23-25)

## SECTION NINE (APPENDIX): TOOLS FOR A GODLY LIFESTYLE

*“...that the man of God may be adequate, equipped for every good work.”*

*2 Tim. 2:17*



## MY PRESENT SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 pm							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

*Record activities and responsibilities that you have done this week (or in a typical week). Review GOD'S STANDARD FOR YOU (Lesson 22, pages 4-6) under III. Incorporating God's Standards into your life.*



**MY PROPOSED BIBLICAL SCHEDULE (Proverbs 16:9; Ephesians 5:15-16)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 pm							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

*Schedule the above week in a biblical manner. Diligently maintain your schedule, remembering that God is sovereignly in control of any unforeseen events that may occur. Review GOD'S STANDARD FOR YOU (Lesson 22, pages 4-6) under III. Incorporating God's Standards into your life.*





**CODE OF CONDUCT**

Desired Behavior (Acceptable)	Undesirable / Unacceptable Behavior	Reward	Punishment or Discipline	By Whom	When

*In the blocks above, list agreed upon disciplinary rules, penalties, and procedures. When you have reached written agreement, show the code of conduct to your children and explain it to them. Ask if they have any questions or suggestions. Incorporate any changes that you both heartily agree on. You are the final authorities, and you do not have to accept any suggestions that do not strike you as improvements. When all is settled, put the code into effect. Do not work on more than three rules at one time. Two are best. Be sure to police the rules and punish each and every offense. Copies of the code, posted in rooms or other appropriate places, may help to remind everyone involved.*



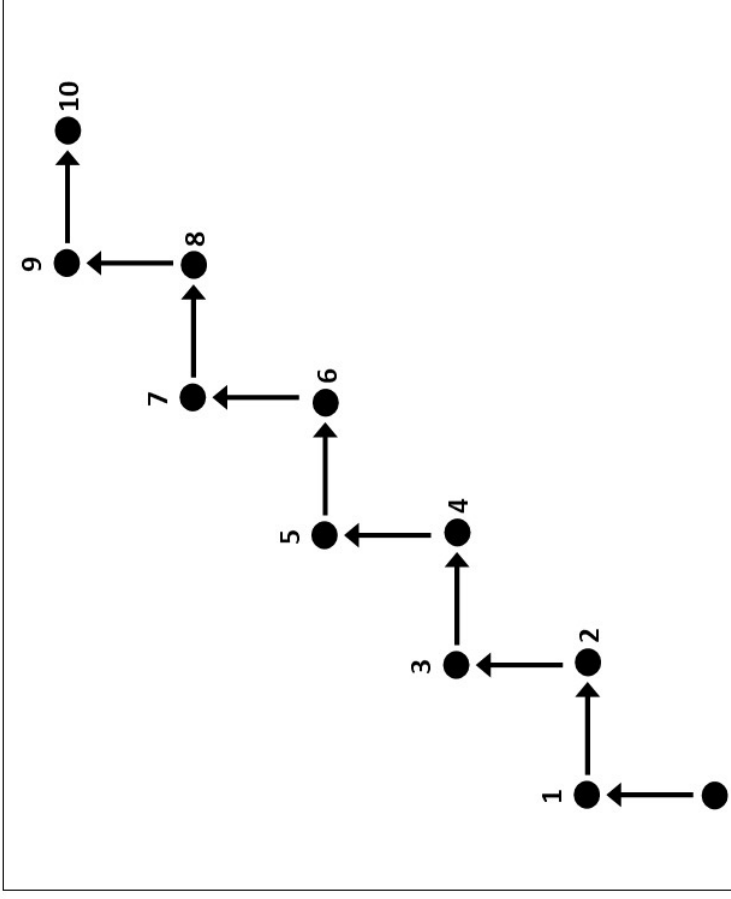
## Learn One / Earn One Program

Jay Adams, in his book *Christian Living in the Home* explains the Learn One/Earn One program:

In a family conference, parents should explain the Learn One/Earn One program to their children. The Biblical principle that responsibility leads to the privilege of greater responsibility lies at the base of the program. (See Matt. 25:21, 23, 29). Parents should ask their child to present a list of privileges that he would like to receive. From the list, five may be chosen and written into the blanks numbered 2,4,6,8, and 10. Next to these, the parents may list in blanks 1,3,5,7, and 9, five responsibilities or achievements that they want to see the child learn. Parents should reach prior agreement on these in private conference.

Both lists should move from the easiest to the hardest. Laying this out ahead of time allows the child to attain privileges at his own rate. The possibility of moving up the "stairs" to the highest and most desirable privilege that is in sight often provides strong incentive. Responsibilities should be learned before granting a privilege. That means they should be assumed consistently for a specified length of time.

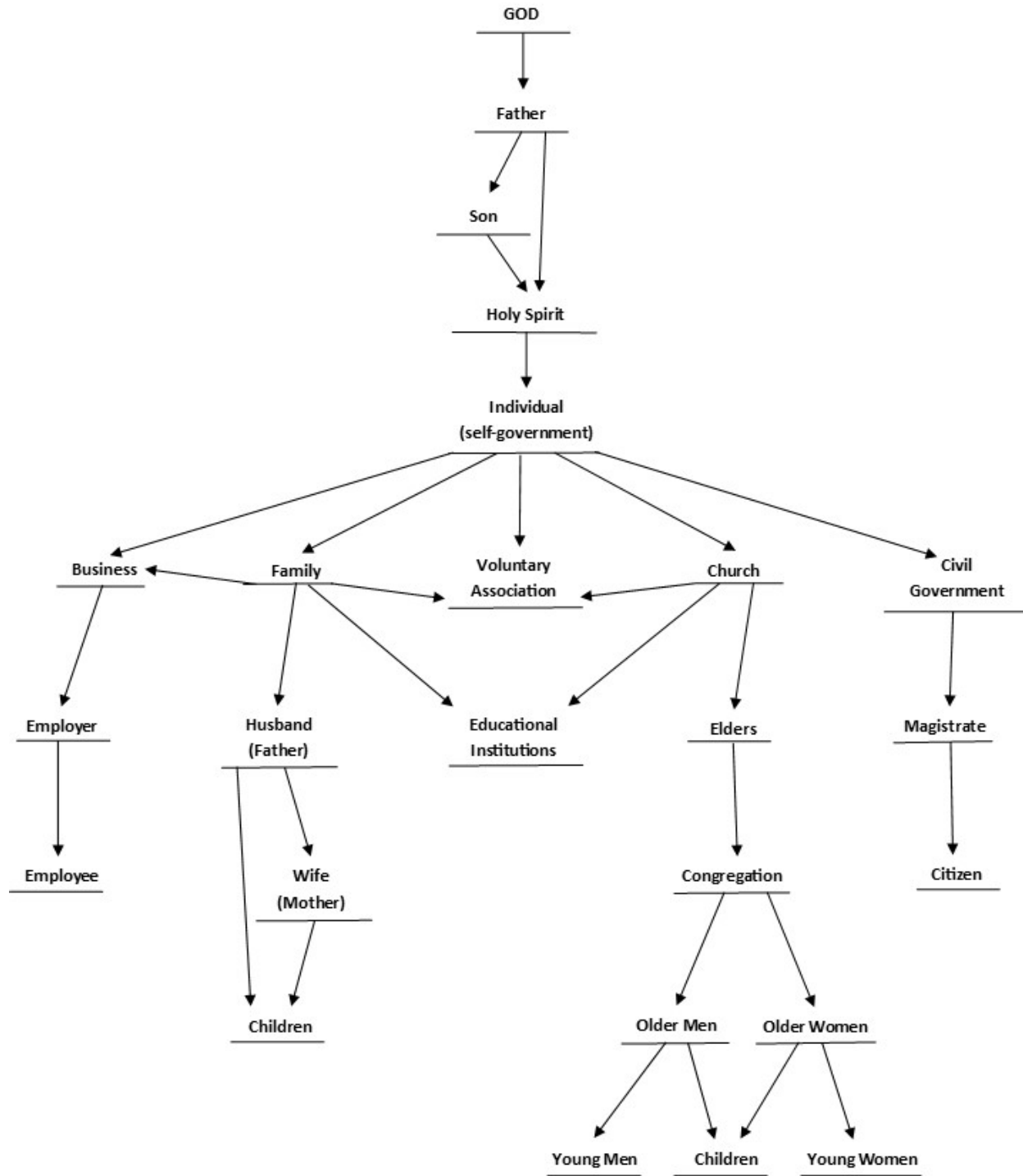
Moving up to a higher level presupposes that the responsibilities assumed at a lower level will be continued. As much as it is possible, privileges should be matched with responsibilities, so that the former grow out of and provide ground for the latter.



Learn One: Achievements	Earn One: Privileges
1	2
3	4
5	6
7	8
9	10



*God's Ordained Government*



God's Government is the form and flow of power that God ordained to direct or regulate His creation and creatures to accomplish His will in each and every sphere.